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IT'S A RAD, RAD, RAD, RAD COUNTRY

AND THE AMAZING RACE CANADA HAS CONTESTANTS 'FIGHTING TOOTH AND NAIL' TO GET ACROSS IT, HOST JON MONTGOMERY SAYS

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Teachers' pet

Local leaders of the elementary teachers' union snub the Liberals and give top marks to the NDP candidate for London West

PAGE 2

Hooked on fishing

Bet you didn't know it's National Fishing Week. To get you in the spirit, we outline the five essentials for reeling in the big one

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Kaiju smash!

Guillermo del Toro's Pacific Rim continues the celebrated tradition of Godzilla-type creatures flattening cities with abandon

PAGE 7

Tonight's Jackpot

NEWS WORTH SHARING.



Cancer clinic locked down



A police officer scans the parking lot of Victoria Hospital at the London Health Sciences Centre as he stands guard at an entrance to the building on Tuesday evening. Officers were monitoring each door and restricting access as investigators searched for a suspect after at least one caller reported a "suspicious person" in the cancer clinic hours earlier. ANGELA MULLINS/METRO

Victoria Hospital.

Rumours of an armed man dressed in camouflage fatigues bring police in full force



SCOTT TAYLOR
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Police were swarming around the Victoria Hospital campus late Tuesday after a call about a "suspicious person" at the London Health Sciences Centre cancer clinic.

The call came in at about 3:55 p.m., police said. The hospital wing that houses the clinic remained on lockdown at Metro's deadline, as police carrying rifles left the building.

Some patients were moved from one floor to another as investigators searched and secured areas, police said in one of the few statements issued.

Police wouldn't say if the suspect was armed. A spokesman at the scene said he doesn't believe anyone was hurt.

A man who was in the hos-

pital at the time told Metro that a nurse advised him there was a man dressed in camouflage fatigues and carrying a rifle.

Chris Mitsis and his family were told to stay put, remain calm and to call 911 if they saw the man. Hospital staff didn't sound any kind of alarm as the situation unfolded, he said.

"They said nothing," he said seconds after leaving the building at about 8:30 p.m. "The first we heard, my daughter got a text message from a friend who heard it on the news."

He seemed to take the episode in stride, but his wife admitted she had been "a little scared."

Another woman said she was inside the hospital when she also heard about the crisis from media reports.

Several people with family members and friends who are patients were gathered outside, waiting for permission to enter. Police officers standing guard at doors could be seen talking to patients in lobbies.

Hospital officials released a brief statement, saying only that police were searching the building and that access to the hospital was being "restricted."



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NDP Leader Andrea Horwath with London West candidate Peggy Sattler at the launch of the party's byelection headquarters on Tuesday night. MIKE DONACHIE/METRO

Local teachers give NDP's Sattler an A+

London West byelection. Teachers' local endorses candidate despite opponent's tie to union work



MIKE DONACHIE
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The Liberal party's candidate in the London West byelection may be rooted in an education union, but he got a huge snub from local teachers Tuesday.

Ken Coran spoke for secondary-school teachers across the province as president of the Ontario Secondary School Teachers Federation until days

before he accepted the Liberal's election nomination.

Many of the early problems in his campaign were caused by that past life because he was fiercely critical of the Liberal provincial government.

Now, the Thames Valley Teacher Local of the Elementary Teachers' Federation of Ontario has pointedly rejected Coran and endorsed his NDP rival, Peggy Sattler.

Local president Craig Smith said: "Peggy Sattler is a person of real integrity who draws strength from the courage of her convictions. She is a candidate who appeals to people across party lines."

"There is no doubt that Peggy will continue to be a strong advocate for public

At a glance

Candidates in the London West byelection:

- Gary Brown, Green Party
- Ali Chahbar, Progressive Conservatives
- Ken Coran, Liberals
- Peggy Sattler, NDP

education, for all educational professionals, and that she will work hard to represent the interests of all constituents in London West in these times of economic uncertainty.

"I have known Peggy for more than 20 years. She is a good person. She is a tremendously talented candidate."

Sattler, a school-board trustee, spent Tuesday touring the riding with visiting provincial party leader Andrea Horwath, but took time to express her gratitude to the teachers.

"It's something I've always valued as a trustee, having positive respectful relations with the employer groups," she said. "I've recognized that a lot of teachers have observed the contribution I've made over the past 13 years as a trustee, and I'm pleased that they have recognized the contribution I've made."

So far, the local arm of the secondary-school teachers' federation has not declared support for a specific candidate.

The union could not be reached for comment Tuesday.

Trafalgar-Rectory streets

Suspect sought in sex assault near bike path

London police are looking for a suspect in a Tuesday-morning sexual assault near a bike path in the area of Trafalgar and Rectory streets.

Police say a woman struggled with the man — described as black, between 35 and 40 years old, about five feet five and 150 to 180 pounds — before he road away on a grey mountain bike. The suspect was last seen headed east. He was wearing a white shirt with purple stripes and black jeans. The victim was taken to hospital with injuries that are not believed to be life-threatening.

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 800-222-8477.

METRO

Down in June: CMHC

London housing starts plummeted

Housing starts in the London area plummeted in June compared to the same month in 2012, as shovels met dirt 300 fewer times, according to the Canada Mortgage and Housing Corporation.

Overall housing starts for the six-month period from January to June are almost identical, however, to the number seen during the same period last year with 1,019 starts this year, down from 1,031 in 2012.

Construction of single-detached homes remained constant in June year over year, as 139 homes were being built compared to 145 in June 2012. Multi-family homes, though, decreased from 345 last year to a paltry 32 in 2013.

SCOTT TAYLOR/METRO

Jewish community battling hate with new eyes in the sky

The federal government is pumping money into the London Jewish Federation to help beef up security and fend off hate crimes they say are still too common in the community.

The federation's accountant, Terry Marcus, said London might not be a hotbed of Jewish hate crimes, but incidents do happen too often to be ignored.

"We've been fortunate over the years to have had minimal hate crimes locally," he said, "but across Canada and inter-



The London Jewish Federation has been given money for security upgrades. SCOTT TAYLOR/METRO

nationally hate crimes are increasing dramatically and there's a sense amongst our

congregants ... and here at the centre that this will increase within London itself."

Marcus declined to elaborate on crimes that have taken place against the community or its Huron Street community centre itself because he fears reprisals. "It's mostly property damage," he said. "Fortunately, there haven't been any personal violations in any way."

He was quick to add that doesn't mean there won't be physical confrontation in the

future. Attacks on members of the Jewish faith represented nearly 55 per cent of religiously-motivated hate crimes across the country in 2010, according to Statistics Canada.

The money going to the community — a total of \$26,307 — comes through the government's Communities at Risk: Security Infrastructure Program, which was started to help minimize the numbers of such crimes nationwide, London North Centre MP Susan

Truppe said. Funding from the program goes toward security enhancements to not-for-profit community centres, educational institutions and places of worship linked to a community with a demonstrated history of hate crimes.

Marcus said the federal money, which matches that from an anonymous donor, has already been spent on security systems with alarms, cameras and 24/7 monitoring.

SCOTT TAYLOR/METRO

In celebration of Canada's national fishing week, Ontario is baiting first-time anglers by allowing licence-free fishing through Sunday. To help Londoners take advantage of the open season, and maybe even get hooked, Metro talked to Dave Harris of London's Angling Sports about what beginners need to reel in their first catch.

KEVIN HURREN/FOR METRO
london@metronews.ca



The Forks of the Thames is a hot spot for fishermen. ANGELA MULLINS/METRO

Plenty of fish

The first part to any outing is finding a good fishing hole. The Thames River is one of London's most underutilized spots. With a wide variety of fish passing through, many different types can be reeled in, Harris said. Fanshawe Lake is also a great place to hit. A short drive away is Wildwood Conservation Area just outside of London, and ambitious anglers can hit the Great Lakes.

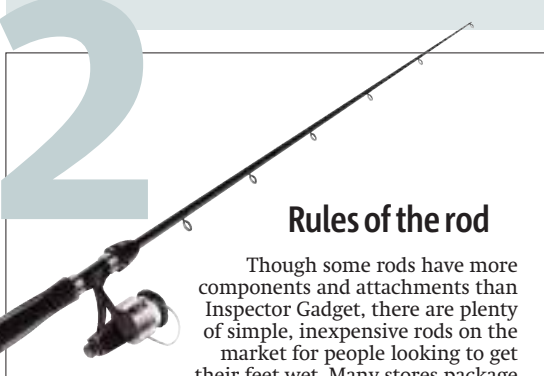
5 things every fishing newbie needs

Giller outfit

Whether you're serious about getting into the deep end or just interested in achieving that lakeside look, a pair of waders might be right for you. Though most beginners will want to start on land, these waterproof outfits will keep the tide at bay. Waders vary in price and style, but basic suits can be bought for about \$70 a pair.



KEVIN HURREN/FOR METRO



Rules of the rod

Though some rods have more components and attachments than Inspector Gadget, there are plenty of simple, inexpensive rods on the market for people looking to get their feet wet. Many stores package these basic rods with starter kits that include tackle and bait — allowing novices to enjoy their outing without investing much. Angling Sports, for instance, combines the rod with a starter tackle box for \$39.99.

THINKSTOCK

Pickup lines

The line is an important part of any fishing outing — which is why there are so many types. Though the choices seem endless, first-timers shouldn't get intimidated. "Super lines" made of synthetic plastic are recommended as a starting point. They're lightweight and very thin, allowing for greater stealth in the water. That means there's a pretty good chance you'll be able to trick most fish into submission.



3



Just bait it

Once prepared to take on the aquatic foes, fishers need something to attract them. Worms, leeches and minnows are the most common types of bait and can be easily attached to hooks. For the more squeamish at heart, there are a number of artificial baits on the market. Just picture gummy worms made of plastic.

A fisherman checks his bait Tuesday before casting a line in the Thames River. ANGELA MULLINS/METRO

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NSA scandal

Snowden off to Venezuela ... or not

WikiLeaks said on Tuesday that NSA leaker Edward Snowden has not yet formally accepted asylum in Venezuela, trying to put to rest growing confusion over whether he had taken up the country's offer.

Venezuelan President Nicolas Maduro says his coun-

try has accepted a request for asylum from the former NSA systems analyst.

On Tuesday, a prominent Russian lawmaker tweeted that Snowden had taken the offer, then deleted the posting a few minutes later.

He then sent another message saying his claim was based on a report from a state TV channel, which in turn said the lawmaker misunderstood its report.

THE ASSOCIATED PRESS

Alleged Canada Day plot

'Mr. Big' sting used on terror suspects, says defence lawyer

Mounties went undercover in a 'Mr. Big' sting to ensnare two people accused of a terror plot on B.C.'s legislature, said a lawyer for one of the accused.

John Nuttall and Amanda Korody, who are alleged to

have planned a bombing for Canada Day, appeared briefly in court on Tuesday. Lawyer Tom Morino told reporters he understood that police used "a Mr. Big operation."

In such a sting, officers go undercover to gain the trust of suspects and ultimately obtain confessions.

Neighbours recalled seeing the couple interact with someone who came by in a pickup truck.

THE CANADIAN PRESS

Dropping like flies

To save the bees, get busy like one

A group is being formed to find how to mitigate the potential risk of a pesticide to honey bees, the Ontario Liberals said Tuesday.

Neonicotinoid has been banned by the EU, which has reportedly been experiencing the same mortality problem. THE CANADIAN PRESS

Green giant



"While we do not know the election date yet, I want

to start campaigning now."

Ex-NHL tough guy Georges Laraque, confirming he is running for the Green Party in a Montreal federal byelection.

Lac-Mégantic home to a burnt-out crime scene

Death toll still rising. Police tight-lipped on what they have found or are still looking for

The official death toll in the Quebec train disaster climbed to 15 on Tuesday, with two more bodies pulled from a scorched area police were calling a crime scene.

With about another 35 people still missing, residents of Lac-Mégantic expect the grim news to continue.

Provincial police said they had 200 officers on site performing a criminal investigation.

"There is potential evidence there that could eventually lead to criminal charges being laid," said Insp. Michel Forget.

"I won't speculate on the elements we have recovered because they will be secret."

He said he doesn't believe terrorism is at play.

Earlier on Tuesday, the na-

tional Transportation Safety Board said it is performing its own investigation.

The TSB said Tuesday that authorities were never alerted to the fact that a runaway train was on its way to levelling part of the small Quebec town.

Rail dispatchers had no chance to intervene during the fateful 18-minute journey because they didn't know it was happening, TSB investigator Donald Ross told reporters.

"There were no signals nor track circuits, so the rail-traffic controller had no ... indication that there had been a runaway train," he said.

Such systems are in place on busier rail lines but not on secondary lines, said TSB manager Ed Belkaloul.

On Tuesday, Pope Francis sent a blessing from the Vatican to those touched by the tragedy. In a statement announcing that "special apostolic blessing," the Pope expressed his sympathy to victims, their families and emergency work-

ers. THE CANADIAN PRESS



Firefighters take a break on a set of train wheels on Sunday in Lac-Mégantic, Que. HANDOUT/THE CANADIAN PRESS

Safety regulations

Changes on the horizon?

Edward Burkhardt, CEO and president of the company which owns the train, is set to visit Lac-Mégantic this week, where he will likely face outrage and tough questions.

He told the CBC in an interview that the company has already changed some of its procedures. He also suggested that the decision to staff trains with one-man crews and leave them unattended during breaks might have to change.

Questions were also raised about the rail tankers involved in the crash.

The tankers are known as DOT-111 and have a history of puncturing during accidents, TSB investigator Donald Ross has said.

Who abandons a Ferrari? A lawyer in a big hurry



Howard A. Levitt's Ferrari, abandoned in Toronto floodwater. HIRA AHMED/TWITTER

There it was: a silver Ferrari, submerged to its windows in the murky floodwaters of Toronto.

Photos of the orphaned sports car were everywhere Monday night as the rains that pummelled Toronto subsided. It was picked up by news agencies and plastered all over the Internet.

So who would abandon a Ferrari in rising waters? A lawyer in a hurry, that's who.

Howard A. Levitt, one of Canada's leading employment lawyers, was on his way to an important hearing in

Water under the bridge

"I don't want to sound cavalier, but at the end of the day you've got to see the humour in it and not sweat the small stuff.... Nobody's dying, nobody's sick."

Howard A. Levitt, one of Canada's leading employment lawyers

Ottawa. The heavy rain had just started and it was hard to see. He entered an underpass following several other cars, each of which easily traversed a body of water that looked no deeper than a puddle.

No such luck for Levitt.

His 2010 Ferrari California,

which retails for \$192,000, rides extremely close to the ground, and despite its powerful V8, 454-horsepower engine, it only took a few inches of water to stop the car in its tracks.

Levitt had been trying to call a tow truck, then realized

one wasn't going to arrive in time. So he opened the door, letting the dirty water flow in, and collected his bags from the trunk.

He took a cab to the island airport, found all flights had been cancelled, then headed to Pearson, where he caught "the last seat of the day" to Ottawa.

On Tuesday morning, Levitt won his motion in Ottawa, making the quick escape worthwhile.

"It's a good ending, except for my poor car," he said.

TORSTAR NEWS SERVICE

Cleveland. Ex-captives break silence on YouTube



Amanda Berry, Gina DeJesus and Michelle Knight in a video posted on YouTube at midnight Monday. THE ASSOCIATED PRESS/HENNES PAYNTER COMMUNICATION

Three women who police say were held captive in a Cleveland home for about a decade have issued a video in which they thanked the public for the encouragement and financial support that are allowing them to restart their lives.

Amanda Berry, Gina DeJesus and Michelle Knight broke their public silence in the 3-minute, 30-second video posted Monday night on YouTube. They said the support and prayers of family, friends and the public are allowing them to rebuild their lives after what Berry called "this entire ordeal."

The women had gone missing separately between 2002 and 2004, when they were 14, 16, and 20 years old.

In the video, none of the women had any visible scars of the abuse they said they suffered at the hands of Ariel Castro, who has pleaded not guilty to a 329-count indict-

Quoted

"I may have been through hell and back, but I am strong enough to walk through hell with a smile on my face and my head held high."

Michelle Knight

ment alleging he kidnapped them off the streets and held them captive in his two-story home. They were smiling and appeared upbeat.

Castro, a 52-year-old former bus driver, fathered a 6-year-old daughter with Berry and is accused of starving and punching Knight, causing her to miscarry. He was arrested May 6, shortly after Berry broke through a door at the home and yelled to neighbours for help.

THE ASSOCIATED PRESS

Shedding light on forgotten Canadian war heroes

Operation Husky. Contribution helped turn the tide in WWII



JESSICA SMITH
Metro in Toronto

Charles Hunter says it "hurts a little" when his Second World War service is ignored.

Hunter, a bombardier with the 39 Regiment Royal Artillery, was one of 25,000 Canadian soldiers who invaded Sicily in 1943 as part of the Allied Operation Husky. It was the first independent role for Canadian soldiers in WWII, and Canada's strategic contribution helped open Italy to the Allies and turn the tide of the war.

Seventy years later, Operation Husky 2013 is commemorating the Battle of Sicily, which they say has been overlooked by history. The group says a poll of Canadians found 91 per cent didn't know Canadian troops were even in Sicily during WWII.

"I don't know why it's ig-

nored," Hunter said. "And it kind of hurts a little bit, to feel you get ignored when you've done a good job — because we did, we did do a good job."

Operation Husky — the original one — commenced before the early hours of July 10, 1943.

Allied forces stormed the beaches at Pachino and climbed a 900-metre cliff the German's had left almost undefended, believing it impossible to scale.

The Allies drove the Germans off the island. Of 25,000 Canadians who fought, 562 had died by the end of the month. Compared to stories about D-Day, little is said about Canada's role in the Italian campaign.

To right that wrong, Operation Husky 2013 will be commemorating the Battle of Sicily beginning July 10. More than 200 Canadians are heading to Sicily, to take part in remembrance ceremonies, including retracing the soldier's march across the island, leaving markers in the places Canadians fell 70 years ago.



Soldiers hike across Sicily in 1943. CONTRIBUTED/OPERATION HUSKY 2013

Pipeline CEOs say no silver lining in Quebec rail disaster

Quoted



"This is a tragic event that shakes everybody and shakes all of us that are in the business."

Russ Girling, TransCanada Corp. CEO

Executives with major Canadian pipeline companies say they see no silver lining to the Lac-Mégantic train disaster.

There have been suggestions that transporting oil by pipeline may seem more palatable after several oil-laden rail cars exploded over the weekend, killing more than a dozen people and devastating the small Quebec town.

But TransCanada Corp. CEO Russ Girling said there's "no good news here for anybody" in the tragedy and the notion that the pipeline industry will somehow benefit from it "makes no sense."

While disasters ranging from Lac-Mégantic to the massive BP oil spill in the Gulf of Mexico three years ago jolt the public, Girling said companies such as TransCanada still have a responsibility to build new

tween Alberta and the B.C. Lower Mainland, said he too fails to see any upside for pipeline firms resulting from Lac-Mégantic.

"I think that the public is obviously very concerned about the broad safety net that is available for both rail and pipelines," he said.

"I think it's a question of all operators — whether it's pipe or trucking for that matter — (to) continue to be very diligent and vigilant in their safety precautions."

Earlier, Girling said he's "extremely optimistic" the company's Energy East project — a proposal to ship up to 850,000 barrels a day of Western crude to eastern markets through an underused natural gas line — has enough customer support to go ahead.

THE CANADIAN PRESS



Stand by your Ivy League man

Two women lay out at Princeton University. An alumna who urged female students to find a husband before they graduate has a book deal. Susan Patton has an agreement with Gallery Books, an imprint of Simon & Schuster, for *Smarten Up!: Words of Wisdom from the Princeton Mom*, scheduled to come out in 2014. Patton attracted national attention for a letter published by The Daily Princetonian, warning women they would never again be around so many "worthy" men. According to Gallery, Patton will offer "uncomfortable truths" about marriage and motherhood and what could happen if students wait too long. WILLIAM THOMAS CAIN/GETTY IMAGES

Leaked recording

Murdoch recalled for questioning

Lawmakers will recall Rupert Murdoch to London for more questions about a leaked recording in which he appeared to dismiss evidence of wrongdoing at his U.K. newspaper titles, a senior parliamentarian said. The recording caught Murdoch describing allegations as "next to nothing," boasting his lawyers weren't actively co-operating with investigators, and speaking dismissively of bribery accusations.

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WANT TO KNOW YOUR DEATHDAY?

Another day, another amazing scientific breakthrough.

This one, I have to admit, actually is amazing. And disturbing.

A team of scientists in the U.K. have come up with a blood test for infants that will predict how quickly they will age and how long they will live.

Talk about “born to die.”

These scientists have identified 22 metabolites — molecules linked to metabolism — that help govern a host of bodily mechanisms such as lung function, bone density, blood pressure, cholesterol levels, etc.

Putting a positive spin on it, the scientists believe that they will now be able to influence these metabolic factors and treat age-related diseases before they put us on the wrong side of the lawn.

But seriously, do you really want to know when it's over — as



JUST SAYIN'
Paul Sullivan
metronews.ca

soon as it begins? Right now, Canadians can expect an average life expectancy of 81 years, which seems comfortably far off when you're three days old. But what if your metabolites predict a 50-year life span — or worse? It seems a bit unfair to expect someone to start working on a bucket list before he's out of short pants.

How long will it be before metabolite blood tests are routine? Together with genetic analysis, the fate of the child will be sealed before the first car ride home. Career, insurance coverage, diet, hobbies, whatever, will all be based on their metabolic or genetic impact — or both. “Epigenetics” is the means by which environmental factors switch certain genes on or off. So, conceivably, the state of your metabolites will help de-

termine your genetic array and vice versa.

Together they take all the guesswork out of life. Maybe all the

fun, too.

If you were still harbouring any notions of free will, it's time to put all that aside and start the grim dance of biological determinism.

It's hard enough bringing kids into the world. If you're lucky enough to give birth to a relatively robust being who will take care of you in your dotage, it's almost worth the investment, but if the poor little gaffer will expire before you're 64, what's the point?

Of course, it doesn't matter what I think or what you think. Medical science marches forward, regardless. Once the genie is out of the test tube, it's not about to allow itself to get stuffed back in.

Still, I'm glad I have no idea what my best-before date is. For all I know, I could be looking forward to a telegram from the Queen when I turn 100. She'll certainly still be around.

Or the wheels could fall off next Thursday.

Ignorance is bliss.

ZOOM

NYC bar scene having an ice age



BEBETO MATTHEWS/THE ASSOCIATED PRESS

Baby, it's cold in the ice cave

In the sweltering summer heat, New Yorkers are ready for the big chill — in midtown Manhattan.

The city's first ice bar is now open at the New York Hilton Midtown on Sixth Avenue. The \$20 admission includes Eskimo-style gloves and a parka for the privilege of drinking cocktails in the freezing Minus5 Ice Bar.

The entire bar is made of

ice. “The walls, everything,” manager Chris Eldridge said. “The chairs you're sitting on, the glass you're drinking out of, even the light above your head is made of ice.”

Promoters say it's all carved out of “100 per cent Canadian ice.”

The truth is, it's special, extra-clear “carvers” ice — some from Canada, the rest from Philadelphia, Las Vegas and Minneapolis.

THE ASSOCIATED PRESS

It's the cool place to be

-5

The temperature inside? A soothing 23 degrees Fahrenheit. That translates to minus five degrees on the Celsius scale — hence, the name. Any heat-emitting devices that could melt the Arctic freeze — like cellphones — must be deposited in temperature-proof lockers at the door. There are already two Minus5 bars in Las Vegas.

Put this on your bucket list

The only concessions to warm comfort are some couches covered in deerskin. Drinks reflect the icy clarity: mostly vodka-based cocktails in custom-designed glasses made from artesian water.

Bartender Paul Stavros was decked out for his eight-hour shift. He wore thermal underwear and snow boots.

THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Happy birthday, dear app store. In honour of Apple's app store turning five this week, the folks over in Cupertino, Calif., are celebrating their half decade by giving away five games and five apps. Make sure to get yours before the flash sale runs out (unclear when the sale ends, but rumours suggest the end of the week).

Badland:

With accolades such as the 2013 Apple Design Award, why not try this physics puzzle game based in a fairytale-like forest while it's free (\$4).

How to Cook Everything:

Who said there's no such thing as a free



lunch? The Holy Grail of cookbooks, New York Times' Mark Bittman's *How to Cook Everything*, which usually goes for around \$10, is up for grabs.

Traktor DJ HD:

This professional mixing app usually goes for \$20 and includes DJ effects like BeatMasher, reverb and relay.

Comments

Warning signs my ***. You leave a train that is a potential mega big bomb alone and say there might have been warning signs.

People have lost loved ones and everything they had and this ziggig around to find why the train killed them is disgusting.

The fact is it did, now own up to it and help these people.

Jean Caron posted to Metro Ottawa's Facebook page

RE: Lac-Mégantic begins the week with a shattered core and dozens still missing, published July 8

Where exactly do they think the 40 or so people went?

Look at the destruction and flames that carried on for hours. Do they expect to find bodies? Or do they expect to scientifically connect ashes?

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Godzilla: a historical movie figure



IN FOCUS
Richard Crouse
scene@metronews.ca

For someone who grew up watching Godzilla stomp his way through the major cities of the world, the idea of a sea monster large enough to use a battleship as a baseball bat is very exciting. In Pacific Rim director Guillermo del Toro presents the biggest movie monsters seen since the Blue Oyster Cult sang, Oh no, there goes Tokyo, go go Godzilla!

Pacific Rim's monsters are direct descendants of the "kaiju" or strange beasts that became popular in the sci-fi films produced by the Japanese company Toho in the 1950s and '60s. Most famous is the king of all monsters, Godzilla, the giant lizard who wreaked havoc in 29 movies. Rounding out Toho's big five are a Divine Moth called Mothra and a trio of kaiju named King Ghidorah, Mechagodzilla, and Rodan.

The first Godzilla film came in 1954. The story of an ancient dinosaur-like colossus created by American nuclear weapons testing was inspired by a news story about the Lucky Dragon 5, a Japanese fishing boat contaminated after sailing too close to a U.S. nuclear test.

"Suitmation actor" Haruo Nakajima played the beast and could only walk 30 feet at a stretch in the 200-pound Godzilla suit. To create the monster's fearful roars, audio engineers threw reverb on the sound of a resin-coated leather glove rubbed on the strings of a double bass. Ten years after that movie, King Ghidorah, a fearsome alien dragon, was created as Godzilla's archenemy.

Director del Toro too busy to take in a movie

Blockbuster. Guillermo talks making Pacific Rim and making movies in Hollywood



NED EHRBAR
Metro World News in Hollywood

Guillermo del Toro is first and foremost a movie buff, which has been causing him a distinct amount of unhappiness.

You see, del Toro has been so busy making movies — particularly his latest, the giant robots vs. giant monsters blockbuster Pacific Rim — that he hasn't had any time to actually watch other people's movies. Or at least that's the excuse he gives for not having seen Man of Steel or the first instalment of the Hobbit, which he was originally pegged to direct.

There's been a lot of criticism about the levels of carnage shown in Man of Steel. Your film also features a great deal of urban destruction. How do you keep from crossing the line from fun into too realistic?

Well, kaiju movies by definition bring a completely escapist fun in these type of fights. When you're a kid and you're watching Godzilla stomp a bunch of tanks or jets or cut through a city, the proportions of these things are so enormous that you cannot correlate them to anything real. What I do is I then bring in visually a very different sense of style from reality. I have these super-coloured lights illuminating the rain,



Idris Elba, from left, Rob Kazinsky and director Guillermo del Toro are shown on the set of Pacific Rim.
KERRY HAYES/WARNER BROS. PICTURES/MCT

so it looks like a living comic book or a living anime, you know? And the thing that I do very, very consciously is I vacated all the streets so they would be empty of people. So you're never thinking, "Oh, the kaiju just crushed 600 people." Because the streets are vacated and everybody's in a refuge, all they can destroy is buildings and vehicles when nobody's there.

Have you seen Man of Steel?

No, I haven't. I haven't seen many movies because I've been making one. The only two or three times I've gone to the movies in the last few years have been to movies that my daughters want to see. So I went to Les Misérables and I went to some animated movies — movies that I would not necessarily have gravitated

towards. But that's being a parent, taking your daughters to see the Justin Bieber concert movie.

Does that mean you have to go see the One Direction movie later this summer?

No, no (laughs). Actually my daughters are not into that stuff.

Are you planning to do another non-English language film anytime soon, or do you live in Hollywood exclusively now?

Yeah, I would love to. I produce a lot of movies in Latin America and Spain and I'm producing a movie right now in Mexico. As a director I would love to do it, but I need to find a story that suits me. It's not like I have a drawer full of stories in Spanish and in

English.

What determines if a story is better told in Spanish rather than English?

You cannot aspire to do a movie that is as quirky as Pan's Labyrinth in the Hollywood machinery. It would get tested and noted by executives to death. It would end up having a happy ending and all that bulls—, you know? And at the same time you cannot end up with a movie that is as spectacular and huge and magnificent in showmanship as Pacific Rim if you do it in Mexico or Spain. So depending on the scale of the story, depending on if you need to protect the production value and spectacle or if you need to protect the content and quirkiness of the story, you go from one (end of the) scale to another.

2 SCENE

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Jason Statham ALL PHOTOS GETTY IMAGES

Statham ready to tie the knot

After three years of dating, Jason Statham is reportedly ready to make it official with Rosie Huntington-Whiteley, according to *Us Weekly*. "I hear he'll propose soon," a source tells the magazine. "Their connection is very serious and

physical." And Huntington-Whiteley herself clearly isn't bothered by their 19-year age difference. "I'm not interested in hanging out with boys," she recently said in an interview with the *Edit*. "I have all the man I need."



Jim Carrey

Carrey apologizes for comments, not for position

Jim Carrey is still against assault rifles and won't be promoting his next film, the bullet-ridden *Kick-Ass 2*, but he is at least learning to play nice.

"Assault rifle fans, I do not agree with you, nor do I fear you, but I do love you and

I'm sorry that in my outrage I called you names. That was wrong," the outspoken actor posted to Twitter. "By the way, I don't need a crisis manager, just a conscience. Calling people names is inappropriate, but my position on assault weapons hasn't changed."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Nick Lachey sings for his dinner

Nick Lachey turned up the heat during a brief tour stop in New York on Monday to help launch a viral advertising campaign for Wendy's new Pretzel Burger.

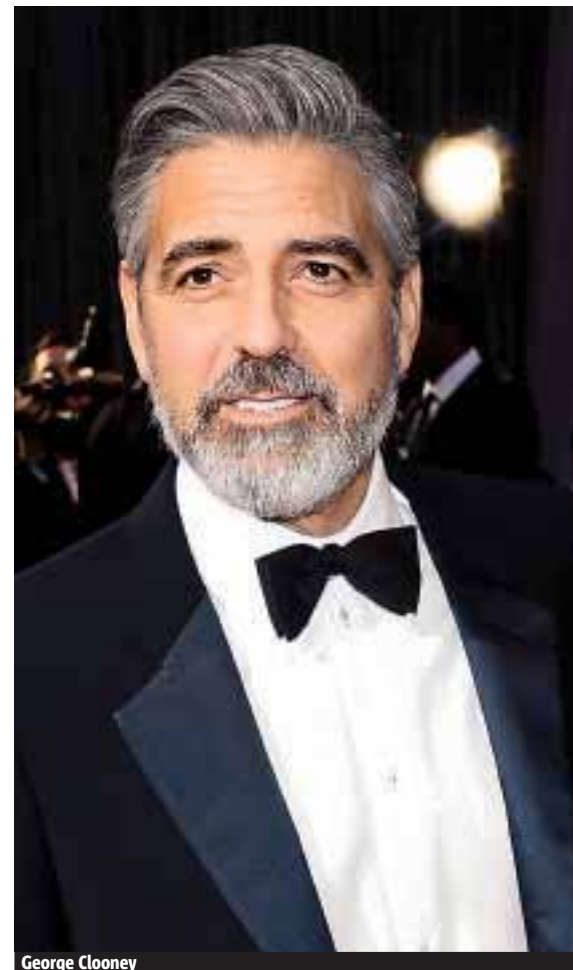
The '90s heartthrob, back on tour with a reunited 98 Degrees, gave an intimate performance at a Midtown Wendy's, singing songs based on some tweets about the burger chain's latest creation. Yes, you read that correctly.

"It's not the easiest thing to write a song out of tweets," Lachey said about Monday night's performance. The song he created especially for this event? "Pretzel Buns I Am a Fan... Hashtag." That is literally

what he sang. (The Word really wants to know what his paycheck was for this. Let's hope it wasn't just in Pretzel Burgers, even though he admitted that he's "a huge pretzel guy.")

Lachey was right back on the road after the event to prepare for the West Coast leg of the tour. Now 39, life on the road comes with different responsibilities for Lachey and his wife Vanessa, who are bringing their newborn son, Camden, along for the ride.

"It's different, but it's cool to come off stage and know your family is there and your son is sleeping in a crib on the bus," he said. "In a lot of ways it's a much cooler dynamic just having the opportunity to spend time with them and the opportunity to share those memories. It's a lot more meaningful than to be out on your own." **METRO WITH REPORTING FROM CHRIS LONGO**



George Clooney

George Clooney is on the market

George Clooney is back on the market — and apparently he has been for longer than people think. Clooney and girlfriend Stacy Keibler have reportedly parted ways and have been trying to keep the split under wraps for as long as possible, according to Radar Online.

"They did break up," a source says, noting that the

split was "amicable" and "due to schedule, nothing more." Clooney and Keibler have been spending time apart the last two months while dodging breakup rumours. "It's been slowly falling apart for awhile," a source tells *Us Weekly*. "Stacy knew George was not the man to settle down with."

Twitter



@AmandaBynes
Drake Has An Ugly Face



@mcgregor_ewan
Bonjour tout le monde.



@mindykaling
I have found, in my travels, that men's razors, men's deodorant, and men's watches are better than women's.



@SarahKSilverman
I just realized that my dog WANTS to be on the leash b/c I keep him from walking into walls. I'm a seeing eye person



The cast of Canada's Amazing Race. HANDOUT

From far and wide, the True North is Amazing TV

The Amazing Race.

The hugely popular reality TV show is coming north of the border with a Canadian edition



ON THE MOVE
Loren Christie
life@metronews.ca

Canada is finally getting its own version of The Amazing Race. Helming the show is host and Olympic athlete Jon Montgomery.

What made you want to be the host?

It intimidated me and scared me and I like that. As people we learn the most when we challenge ourselves, when we live outside our comfort zone.

What do you bring to the show?

Just an aspect of being myself. I think that's what was perhaps endearing at the 2010 Games. Just being

someone who Canadians identified as being uniquely Canadian, being honest, being you, drinking beer. A big beer. If people identify me as an average Joe Canadian, then that's something I am really proud of. I set lofty goals for myself, but I am just an average guy getting it done.

Did you have any input into the roadblocks or detours?
They didn't pick my brain. I was simply tasked with being

the host. But in the role I got to explain and do all the challenges. I demonstrate them. That's what will be different from Phil's (original series host Phil Keoghan) role and my role.

How long did the filming take? How many legs?

It was three weeks, every day. I believe 10 episodes in total. Each episode isn't just a day; they can span a couple of days. There were crazy hours just like in the

U.S. one. People are fighting tooth and nail to get across this country.

What surprised you most about Canada?

Lots of places I didn't know about. We experienced a desert,

mountains in places that I didn't expect to see them. At every stop there was some element of surprise. And I considered myself to be a pretty knowledgeable guy about our country.

Can you tell me one place the show went?

I can tell you we took a great many planes and automobiles to get from coast to coast to coast.

You said coast three times?

We do go north. If there is a Canadian out there wondering if they will see an aspect of their area of the country in this TV show, the answer is — yes!

THE AMAZING RACE CANADA WILL AIR MONDAYS AT 9 P.M. ET/PT BEGINNING JULY 15 ON CTV.



Meet the teams

Get to know the contestants

- Team 1.** Vanessa Morgan and Celina Mziray, sisters, Ottawa
- Team 2.** Tim Hague Sr. and Tim Hague Jr., father and son, Winnipeg
- Team 3.** Hal Johnson and Joanne McLeod, Married fitness icons, Oakville, Ont.
- Team 4.** Brett Burstein and Holly Agostino, Married doctors, Montreal
- Team 5.** Jamie Cumberland and Pierre Cadieux, best friends, Airdrie and Innisfail, Alta.
- Team 6.** Jet Black and Dave Schram, best friends, London, Ont.
- Team 7.** Trenea Ley and Tennille Dorrington, twin sisters, Hamilton, Ont.
- Team 8.** Kristen Idiens and Darren Trapp, dating, Fairmont Hot Springs, B.C..
- Team 9.** Jody Mitic and Cory Mitic, brothers, Ottawa and Edmonton

3
LIFE

Step up the fancy appetizer factor: Tuna Tartare Layered with Avocado



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on Twitter @rosereisman

I have been served this exquisite appetizer in the top restaurants I have frequented.

I so badly wanted to create my own simple version. It is quick to prepare, elegant to serve, incredibly healthy and oh so delicious.

You can substitute the Mirin for a sake wine or rice wine vinegar with a little bit

Nutritional analysis

Per serving: 70 calories, 10 g protein, 1 g carbohydrates, 1 g fibre, 3 g total fat, 110 mg sodium

of added sugar.

1. Place tuna in a bowl along with soy sauce, Mirin, 1 1/2 tsp lemon juice, ginger, garlic, wasabi and sesame seeds. Let marinate in the refrigerator for a minimum of 15 minutes

Ingredients

- 8 oz raw sushi grade tuna finely diced
- 1 tbsp low sodium soy sauce
- 1 tbsp Mirin (sweet Chinese wine)
- 1 1/2 tsp lemon juice
- 1/2 tsp minced ginger
- 1/2 tsp minced garlic
- 1/4 tsp wasabi mustard
- 1 tsp toasted sesame seeds
- 1 small avocado finely diced (3/4 cup)
- 1/2 tsp lemon juice

Garnish

- 1/2 tsp toasted sesame seeds

Tuna Tartare Layered with Avocado



This recipe makes six appetizers. ROSE REISMAN

and up to 2 hours.

2. Toss the avocado with lemon juice to prevent discoloration.

3. With a quarter measuring cup, sprayed with vegetable oil, fill half way with one sixth of avocado, then one sixth of tuna. Press down firmly, then

carefully invert onto serving plate. Repeat with remaining tuna and avocado until you've made 6 individual apps. Garnish with sesame seeds.

Drink of the Week

Caribbean Breeze

Lounge poolside with a taste of the tropics as you sip this Caribbean Freeze with its robust grapefruit, pineapple and Angostura bitters flavours.

- 1.5 oz Belvedere Vodka
- 3 oz grapefruit juice
- 3 oz pineapple juice
- 3 dash Angostura bitters

Build over ice into a highball glass and garnish with a grapefruit wedge.

PHOTO AND RECIPE COURTESY OF BELVEDERE VODKA



Grape expectations

When temperatures rise, the idea of cooking loses its appeal. That's when salads like this Coastal Salad with Grapes and Shrimp come to the rescue.

This salad is rich but refreshing and the grapes are the key. Their juicy sweetness complement the flavour of the shrimp. Their crisp texture adds to the crunch of the celery and water chestnuts. And grapes have a tang that acts as a foil to the rich dressing.

Coastal Salad with Grapes and Shrimp is fit for a party on the patio with whatever is on the barbecue or by itself for a filling lunch. The salad can also be presented in a number of ways: the salad mixture can be mounded onto butter lettuce leaves, mixed with baby greens, or for an especially rich treat, inside an avocado half.

1. In a medium bowl, combine the shrimp, grapes,

celery, water chestnuts and the sliced whites of the green onion.

2. In a small bowl, combine the mayonnaise, sherry, salt, pepper, sesame oil and dry mustard. Gently mix with shrimp and grape mixture.

3. Sprinkle with the sliced, green part of the onion and the sesame seeds. Refrigerate until ready to serve.

NEWS CANADA

Ingredients

- 1 lb large pink bay shrimp
- 1 cup seedless California grapes, quartered
- 1/2 cup chopped celery
- 1/2 cup chopped water chestnuts
- 2 each green onions, sliced, white and green parts kept separate
- 2 tbsp mayonnaise
- 2 tbsp dry sherry
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Drops toasted sesame oil
- Pinch dry mustard
- 1 tbsp sesame seeds

Lunch. Rotini Salad with Zucchini, Shrimp, Scallops and Mussels



1. Bring a large pot of water to a boil, season the water with salt and cook pasta 1 minute less than the required cooking time. Drain and toss with 1 tablespoon olive oil and place on sheet tray to cool down.

2. In a small pot, steam the mussels until they are opened, remove from shell and discard. Set aside.

3. Meanwhile, in a skillet, sauté garlic in 1 tablespoon olive oil until lightly yellow in colour. Add zucchini and sauté for 4 minutes, then season with salt and pepper to taste.

4. In a separate skillet, sauté scallops and shrimp in 1 tablespoon olive oil until lightly golden in colour. Season and set aside to cool down.

5. Once everything cools, combine all seafood with the pasta and zucchini. Toss to combine and add the remaining olive oil, lemon juice and parsley. Salt to taste. NEWS CANADA/BARILLA.CA

Ingredients

- Salt, to taste
- 1 box Barilla rotini
- 4 tbsp (50 ml) extra virgin olive oil
- 1/2 lb (227 g) mussels, steamed
- 1 clove garlic
- 3 zucchini sliced in half moons
- To taste black pepper
- 1/2 lb (227 g) scallops, diced
- 1/2 lb (227 g) shrimp, halved lengthwise
- 4 tbsp (50 ml) lemon juice
- 1 tbsp parsley, chopped

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Keeping a database of your skills and experience becomes especially helpful when you are applying for more than one type of job and building separate resumés for each one. ISTOCK

Keep tabs on your triumphs for when your dream job appears

Suddenly seeking CV. Need an updated resumé ASAP? A spreadsheet of your latest skills will make building one a breeze

JESSICA
CRUZ
TalentEgg.ca

Do you ever find yourself scrambling to fix your resumé to meet the deadline? Do you have trouble tailoring your skills to job descriptions?

Or perhaps you accidentally deleted experience from the last version of your resumé that could be relevant to a new job you just found.

Applying for jobs, compiling resumés and writing cover letters consumes a lot of time. Keeping a "master list" of your accomplishments will help you organize skills, experience and activities that

could come in handy for future job applications.

Let's say a new job comes up that requires social media and written communication skills. Here's how a database can locate, sort, and cultivate fast resumé points:

First, create a spreadsheet in a program like Microsoft Excel or Google Drive and add tab sections for various aspects of your career, such as skills, work and volunteer experience, education, references, contacts, etc.

Tabs help organize different sections and keep them all in one document.

Skills and experience

Place your volunteer experience and work experience in separate columns. Sort them chronologically with as much detail as you can remember. If you're just starting, copy and paste the relevant experience from existing resumé drafts. This database will be a great source for skills and experiences for future resumé

Cover letters

Most jobs still require cover letters. Are you looking for relevant experience that relates to a job listing?

- Your master list will outline everything you need to plug in to match the requirements! Choose wisely, spruce up your sentences and you're ready to apply.

often pile up or get thrown away. Having each person's contact information in a spreadsheet can help you keep track of who they are, how you met them, what you discussed, the last time you contacted them and more. Social media tools like LinkedIn keep professional connections updated, but it's always good to have a backup space with additional context. Tabs in one spreadsheet are a great way to organize these contacts.

and cover letter content.

Education

The education tab sorts out your schools, awards and related extra-curricular activities. Hopefully you will begin to see correlations between this information and the jobs you're applying for, and decide whether certain details will be added to each resumé.

References and contacts

Emails and business cards

Sorting out the information may take time, but it will make resumé-making and the application process a little less stressful in the future.

A reference and contact list will keep you in the loop of contacts that can connect you to the right people or the right job.

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Out of town for the August 1 by-election? You can still vote!

If you live in London West and plan on being out of town on Aug. 1, you can still vote:

- **Today** at your local returning office
- **Anytime before August 1** by mail*
- **July 20-26** at an advance poll

If you wish to vote by mail, call us collect at **416-649-1046** or visit us online.

For the location of your returning office or advance polls in your area, visit our website or call **1-866-325-6241**

Remember, to vote in this by-election, you must be:

- 18 years of age as of August 1, 2013
- A Canadian citizen, and
- A resident of London West

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* Mail ballots must be received by Elections Ontario on or before August 1.

The deep blue-line: Chelios, Niedermayer HOFers in 2013

Hockey. Defensive stalwarts headline five-member class to be inducted in November

Scott Niedermayer and Chris Chelios won four Norris Trophies and seven Stanley Cups between them, becoming two of the elite NHL defencemen of their era.

Chelios needed a “lucky break” or two to make it from improbable beginnings in

Chicago, while Niedermayer always seemed destined to be a star. They shared the spotlight Tuesday by headlining the 2013 class of the Hockey Hall of Fame.

Niedermayer and Chelios made it in their first year of eligibility. They’ll be inducted with forward Brendan Shanahan, Team Canada defenceman Geraldine Heaney and coach Fred Shero.

“I was part of one era, I think Chris has probably been part of a few,” Niedermayer joked. “The one thing that I

Chelios’ challenge



“There was probably no reason in the world where I should’ve played in the NHL.”

Chris Chelios, who had trouble making teams as a teenager and moved with his family from Chicago to San Diego before finally getting an opportunity with the Moose Jaw Canucks at age 17.

do remember playing against Chris was he was one of the toughest guys to play against.”

Niedermayer had 172 goals and 568 assists in 1,263 games and won four Stanley Cups, three with the New Jersey Devils and one with the Anaheim

Ducks. He won the Norris Trophy in 2003-04 and the Conn Smythe with Anaheim in 2007.

“He made it look so easy,” Chelios said of Niedermayer. “I have all the respect in the world for Scott playing against him.”

Chelios wound up playing 23 full seasons and parts of three more, winning the Norris Trophy three times.

Shanahan recorded 656 goals and 698 assists and won three Stanley Cups and an Olympic gold medal.

Heaney, already in the International Ice Hockey Federation Hall of Fame, becomes the third female player elected to the Hockey Hall of Fame.

Fred Shero, who died in 1990, won two cups as coach of the expansion-era Philadelphia Flyers. **THE CANADIAN PRESS**



Vrooom, vrooom, Froome: Brit retains Tour de France lead through Stage 10

Race favourite Chris Froome defends the yellow jersey on Tuesday’s 10th stage of the Tour de France. Froome, who was the Tour runner-up to countryman Bradley Wiggins last year, led Alejandro Valverde by one minute, 25 seconds and was almost two minutes ahead of two-time champion Alberto Contador heading into Wednesday’s ride. **LAURENT CIPRIANI/THE ASSOCIATED PRESS**

NHL. Seguin begins road back to respect in Dallas

Tyler Seguin wants to become the new face of the Dallas Stars. He’ll have to wipe a little egg off it first.

That process started at an introductory news conference Tuesday when the young forward apologized again for an anti-gay comment on his Twitter account over the weekend.

The 21-year-old reiterated that his account was hacked — but acknowledged that even he wouldn’t believe that explanation if it came from

Seguin

“I’m looking forward to moving on and earning the respect of everyone.”

New Dallas centre Tyler Seguin



someone else.
THE ASSOCIATED PRESS

NFL

Report: Lions sign Stafford to extension

Matthew Stafford’s career with the Detroit Lions just got longer.

Stafford and the Lions have agreed to terms on a \$53 million, three-year extension to keep him under contract through 2017, according to a person familiar with the deal. The person spoke Tuesday on the condition of anonymity because the agreement has not been announced.

THE ASSOCIATED PRESS

Athletics. Whitfield joins Olympic mentorship team

Olympic gold and silver medalist Simon Whitfield has joined boxer Mary Spencer, sprinter Bruny Surin, soccer player Kara Lang, wheelchair racer Josh Cassidy and kayaker Mark de Jonge in a venture that provides both money and mentorship for aspiring Olympians.

CIBC has launched a \$2-million, three-year “Team Next” program. Sixty-seven athletes can each apply for \$15,000 in grants and will be matched with one of those veteran ath-

Whitfield’s well-wishers

“They were always there when I needed to ask a question.”



Simon Whitfield, who counts rowers Marnie McBean and Silken Laumann and speedskater and cyclist Clara Hughes among his mentors.

letes during the three years.
THE CANADIAN PRESS

Jones chalks up Silva's upset loss to karma

UFC. Light-heavyweight champ says The Spider disrespected 'war gods,' opponent with antics

At first, Jon (Bones) Jones put it down to the "war gods." Then, upon further review, he pointed the finger at karma.

Either way someone made Anderson (The Spider) Silva pay for disrespecting Chris (The All-American) Weidman in the cage Saturday night, according to Jones.

Silva's loss has proved to be Jones' gain.

The UFC's light-heavyweight champion has taken over as No. 1 in the MMA organization's pound-for-pound fighter rankings in the wake of Silva's upset loss to Weidman.

Silva, an icon in the sport who had won all 16 of his previous UFC fights, fell off his pedestal with a thud after



Light-heavyweight champion Jon (Bones) Jones, left, and opponent Alexander (The Mauler) Gustafsson pose for a photo during a press conference for UFC 165 in Toronto on Tuesday. NEIL DAVIDSON/THE CANADIAN PRESS

clowning his way to a loss.

As he has done in previous fights, the Brazilian middleweight champion dropped his hands and invited his opponent to hit him. This time, the 38-year-old Silva's reflexes failed him and Weidman connected, felling him before finishing him off on the ground with a few blows.

Jones managed to praise

and bury Silva at the same time when the topic came up at Tuesday's news conference to promote his September UFC 165 title defence in Toronto against Sweden's Alexander (The Mauler) Gustafsson.

"I think that Anderson Silva is a magnificent fighter. I think that he has an extraordinary gift," Jones said. "I think he's got to the point where he real-

Within reach

84.5

According to ESPN's Sport Science, Jon Jones has a daunting 84.5-inch wingspan that allows him to land blows from over three feet away. With his arms extended, Jones can cover 182 cubic feet around him, some 80 per cent more than the average adult male.

ly believes in his gift and he's comfortable with his gift.

"And he abuses his gift. He disrespected the gift by disrespecting his opponent."

Jones, 25, noted that martial arts is built around honour, integrity and treating people with respect.

Jones is coming off a first-round win over Chael Sonnen at UFC 159 in April during which he broke his big toe.

Gustafsson has won six straight, most recently earning a decision over Mauricio (Shogun) Rua in December 2012.

THE CANADIAN PRESS

Aaron Hernandez

Man says ex-NFL star admitted to killing victim

Documents show a man linked to the murder case against former New England Patriots tight end Aaron Hernandez told police Hernandez admitted firing the fatal shots.

Carlos Ortiz reportedly told Massachusetts investigators that another man, Ernest Wallace, said Hernandez admitted shooting Odin Lloyd in an industrial park near Hernandez's Massachusetts home.

The documents were filed in court by the Miramar, Fla., police department to justify a search of Wallace's home in that city.

The documents also say that while investigating Lloyd's killing, police did searches in Bristol, Conn., that turned up a vehicle wanted in connection with a July 2012 double homicide in Boston.

Police say the vehicle had been rented in the name of Hernandez.

THE ASSOCIATED PRESS

NBA

Cavs extend offer to Bynum: Sources

Andrew Bynum has a new team waiting for him.

The enigmatic free-agent centre, who didn't play a single second for Philadelphia last season because of knee injuries, is mulling a two-year offer from the Cleveland Cavaliers, a person familiar with the negotiations told The Associated Press on Tuesday.

The person with knowledge of the negotiations spoke on condition of anonymity because of the sensitivity of the talks. Yahoo! Sports first reported Cleveland's offer and said it was worth \$24 million.

THE ASSOCIATED PRESS



Andrew Bynum GETTY IMAGES FILE

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The 2014 Chevy Silverado



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Chasing the Ford 150 means adding in more of everything that truckers want

MALCOLM GUNN
wheelbasemedia.com

In pickup parlance the chase isn't just on, it never really stops. With the arrival of the 2014 Chevrolet Silverado, the pace is definitely quickening.

In 2012, 265,000 domestic and foreign-based 1500, 2500 and 3500-series pickups were sold in Canada and 40 per cent belonged to Ford. GM's Silverado/Sierra models finished solidly in second place, ahead of Chrysler's Ram and well ahead of the Toyota Tundra and Nissan Titan.

With the all-new Silverado 1500-series, Chevrolet appears to have done its homework and paid close attention to what buyers are looking for to haul and tow their stuff. There are more powerful engines as well as improvements and upgrades in nearly every other category you could imagine.

Behind the tailgate, the handy Corner Step bumper has recessed footholds that, combined with built-in handholds inside the box, make accessing the bed much easier.

The dashboard and control panel that houses the optional eight-inch touch screen are positioned in a tidy pod for easy viewing and all of the oversized knobs and switches are work-glove-friendly and clearly marked.

All body styles — regular,

2014 Chevrolet Silverado

- **Type.** Two- /four-door, rear-/four-wheel-drive full-size pickup
- **Engines (hp).** 4.3-litre OHV V6 (285); 5.3-litre OHV V8 (355); 6.2-litre OHV V8 (420)
- **Transmissions.** Six-speed automatic.
- **Base price (incl. destination)** \$27,150

extended Double Cab (now featuring front-hinged rear doors with outside handles) and four-door Crew Cab — are attached to a reworked frame with more high-strength steel, extra bracing for stiffness and improved body mounts that help isolate road noise and vibration.

The revised suspension places the wheels on each axle farther apart with a goal to improve overall ride and stability.

For 2014, Chevrolet has made a few changes to the Silverado's box size/cab combinations. Now you can order the Crew Cab with a longer 80-inch (200-centimetre) bed as well as the standard 68-inch (175-centimetre) version.

Perched between the frame rails is a choice of three new all-aluminum cam-in-block engines. The entry point is a 4.3-litre V6 that features the same displacement as the previous V6, but the output has significantly increased to 285 horsepower and 305 pound-feet of torque from 195/260. Optional is a 5.3-litre V8 with 355 horses and 383 pound-feet

Design

The new Silverado bears more than a passing resemblance to the outgoing model. In front, the twin stacked headlights remain, but the grille is now much more prominent and tougher looking. As well, the hood and fenders bulge out more aggressively than before.

Fuel economy

The transmission for all is a six-speed automatic. The result, at least for the more muscular V6, is a significant fuel economy improvement in city and highway driving (best guess of 12.0 l/100 km in the city and 7.8 on the highway, compared to 14.1/10.0 for the previous V6).

Direct injection

All three powerplants feature direct injection, which tailors the fuel load for the task at hand. They also have continuously variable valve timing (which allows in more fuel and air depending on the power needs) and cylinder deactivation that cuts off up to half the cylinders in light load and cruise situations.



The High Country's plush interior and dash match anything that's on the market.

on tap, up from 315/335.

Later in the model year they'll be joined by an available 6.2-litre V8 rated at 420 horsepower and 440 pound-feet of torque, which shares its parts with the new Corvette sports car V8.

Chevrolet also likes to point out that it has managed to increase performance and reduce fuel consumption across the line without resorting to complex (and expensive) turbocharging. That's a direct shot at the Ford F-Series and its "Eco-boost" V6.

Of course you can order your Silverado as a stripped-down, rubber-matted V6 work rig with a \$27,150 sticker, or head all the way up to the new and thoroughly tricked-out High Country 4x4 with a correspondingly high list price. It's a brand new trim level designed to keep well-to-do ranchers driving in the lap of luxury.

Whichever pickup matches your needs, know that Chevrolet has made the right changes for a more refined and fuel efficient Silverado to keep pace with Ford.

Compare



1 Ford F-150
Base price: \$21,650



2 Ram 1500
Base price: \$28,700



3 Toyota Tundra
Base price: \$27,900

Horoscopes

Aries

March 21 - April 20

If someone starts looking into your private affairs then you have every right to tell them to mind their own business. Don't be too forceful though or they may think you have something to hide and look even more.

Taurus

April 21 - May 21

You are in a restless mood at the moment and it's unlikely you will be in the same place when the Sun goes down. For some reason, your surroundings no longer excite you.

Gemini

May 22 - June 21

You will be in a charitable mood today and there is nothing wrong with that, but if you are going to give money away make sure it is to genuinely worthy causes.

Cancer

June 22 - July 23

You may not be able to explain the way you feel but that's probably no bad thing. If you dwell too much on your emotions today, you won't get much work done. Make sure your head rules your heart.

Leo

July 24 - Aug. 23

It seems you don't know whether to control your desires or indulge them. From past experience, you know that if you hold back, you are likely to regret it later on. Have fun.

Virgo

Aug. 24 - Sept. 23

You may want to sit on the fence in some kind of domestic dispute but the planets won't let you. Like it or not, you have to choose sides and hope it all works out amicably in the end. Don't worry, it will.

Libra

Sept. 24 - Oct. 23

Take your pleasures where you find them and don't worry that some of those you live and work with don't seem able to get much joy out of life. You can't change their outlook.

Scorpio

Oct. 24 - Nov. 22

Things are going so well for you at the moment that you may be a bit worried. Will fate turn round and slap you down? No. Though if you start thinking that way, you increase the chances of it occurring.

Sagittarius

Nov. 23 - Dec. 21

Why are you letting minor matters assume major importance, at least in your mind? Whatever the reason you need to snap out of it — not later but right now.

Capricorn

Dec. 22 - Jan. 20

You may be the kind of person who prefers the tried and trusted. But the more you chop and change and move around today, the more fun you will have. If travelling on your own, you won't be alone for long.

Aquarius

Jan. 21 - Feb. 19

It's good that you are easygoing and it's good that you like to help people but don't forget that not everyone thinks and feels the same way. Be on your guard today as someone may try to cheat you.

Pisces

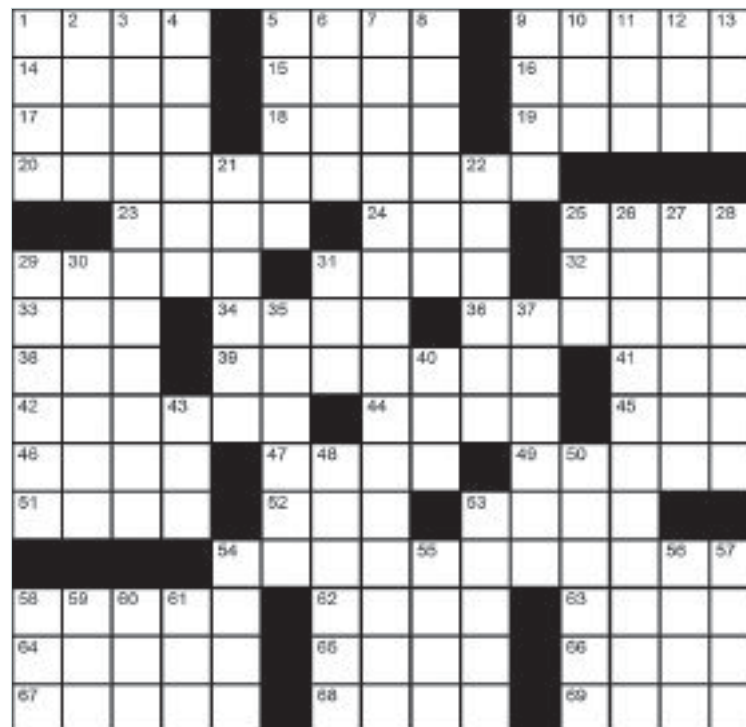
Feb. 20 - March 20

Don't bother asking friends for an opinion on what you are doing. It's unlikely they will be honest with you. The reason you are asking is that you have doubts yourself. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Bryn __ (Pennsylvania college)
5. Home free
9. La __, Saskatchewan
14. Wings: Latin
15. Greek Myth: Goddess of discord
16. "Me, Myself & __" (2000)
17. "Come Sail Away" band
18. "___ of Eden" (1955)
19. Actor, Colm __
20. District in London where One Canada Square (the British capital's second tallest building after The Shard) is located: 2 wds.
23. Zeno of __ (Ancient Greek philosopher)
24. __ Red apple
25. Business subj.
29. Bride's pathway
31. Snooty sort
32. Horse's hair
33. Incidentally, in e-mail shorthand
34. Respiratory organ
36. Chewing gum formation
38. Pi's follower
39. Gift-opener's reaction!: 3 wds.
41. Auction offer
42. Actor Mr. Eckhart's
44. Particular preparation



45. Ask __ Landers (Advice column)
46. 1151 in ancient Rome
47. Phone nos.
49. Washington's __ Sound
51. Single-named songstress
52. Building wing

53. __ qua non (Essential factor)
54. CBC is Canada's public what?
58. Terre-__ (Newfoundland, in French)
62. The Munsters' pet bat
63. Sort of message
64. Allow in

65. Parched
 66. Bristles
 67. Fools
 68. For __ - with Love & Squalor (J.D. Salinger title)
 69. Pesky bug
- Down**
1. Fem. opposite
 2. Calgary's prov.

3. 1992 Mike Myers movie: 2 wds.
4. Canadian pharmacy chain
5. "Later, alligator!": 2 wds.
6. Get __ deal
7. Blacks Harbour in New Brunswick, and others: 2 wds.

8. Nueva York, por ejemplo
9. Guitar __
10. Lead or Uranium
11. Modern
12. Slash's old li'l band
13. Shoe width size
21. Steely Dan's "___" in the Years
22. Bunny
25. Diplomatic bldg.
26. Toronto neighbourhood
27. Using the Web
28. "You __ bother."
29. TV/movie producer, J.J. __
30. Home of Odysseus
31. __Caps (Brand of candy)
35. Province of Ireland
37. Perfect place
40. Ems followers
43. Goose: French
48. Fictional resident at The Plaza Hotel
50. Fix something tangled
53. Loose rock at a cliff's base
54. Stakes
55. Campus bldg.
56. European erupter
57. Take a breather
58. Gymnast Ms. Comaneci, to pals
59. End of a learning institute's URL, perhaps
60. MLB official
61. Try

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	3	8	9	2	5	4	7	6
4	7	6	8	3	1	5	9	2
2	5	9	4	7	6	1	8	3
5	2	4	1	9	3	7	6	8
8	1	7	6	4	2	9	3	5
6	9	3	5	8	7	2	1	4
9	8	5	3	1	4	6	2	7
7	4	1	2	6	8	3	5	9
3	6	2	7	5	9	8	4	1

	3		8		1		9	
9								8
		4		3		2		
	9	6		5		8	4	
	4			8			1	
	2	1		6		9	5	
		8		2		4		
6								7
	7		3		6		8	

Today

27°/14°

Thunderstorms

40%

Thursday

23°/13°

Partly cloudy

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IN COMBINED
CASH CREDITS****
ON SELECT MODELS

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CRUZE

LOWEST CASH PRICE OF THE SEASON
\$17,995*
ALL IN PRICE INCLUDES FREIGHT, PDI, LEVIES & \$2,500 CASH CREDIT** TAXES NOT INCLUDED.

- INCLUDES:
- 6-SPEED AUTOMATIC TRANSMISSION
 - AIR CONDITIONING
 - POWER WINDOWS
 - ABS WITH STABILITY CONTROL
 - POWER DOOR LOCKS WITH KEYLESS ENTRY
 - BEST-IN-CLASS SAFETY* WITH 10 AIRBAGS

OR FINANCE 2013 CRUZE LS
\$77 @ 0% 84
BI-WEEKLY FOR MONTHS†
\$0 DOWN PAYMENT. TAXES NOT INCLUDED. OFFERS INCLUDE FREIGHT, PDI & LEVIES.
PURCHASE PRICE \$13,995* INCLUDES \$2,250 CASH CREDIT**



LTZ WITH RS PACKAGE AND PREMIUM PAINT SHOWN†

PLUS ELIGIBLE RETURNING CUSTOMERS RECEIVE \$1,000*

2013 LS
EQUINOX

LOWEST CASH PRICE OF THE SEASON
\$25,995*
ALL IN PRICE INCLUDES FREIGHT, PDI, LEVIES & \$2,000 CASH CREDIT** TAXES NOT INCLUDED.

- INCLUDES:
- BLUETOOTH® WITH USB
 - 6-SPEED AUTOMATIC TRANSMISSION
 - AIR CONDITIONING
 - POWER WINDOWS & LOCKS
 - BEST-IN-CLASS REAR SEAT LEGROOM*
 - 2013 IIHS TOP SAFETY PICK*

2013 EQUINOX
OR FINANCE FROM
0% 84
FOR UP TO MONTHS† ON LT/LTZ



LTZ WITH 19" CHROME CLAD ALUMINUM WHEELS SHOWN†

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